

Dear SOMHELP members,

Financial worry is one of the top causes of stress and can interfere with health and well-being on a day-to-day basis as well as long-term. In many ways, your financial health is no different from your physical and emotional health. Start with a few small changes, incorporate a few healthy habits, and before you know it, you'll be fiscally fit and in shape for a healthy future. **Don't continue to let stress over financial worries impact your health!** Take steps today to become financially fit.

Did you know?

State of Montana employees on the health insurance plan have access to FREE financial consultation through your Employee Assistance Program! Learn more about investing; college funding; retirement planning; debt counseling; budgeting; taxes; buying a new home; and more. **It's an easy step to take, and it's FREE!** Just call Reliant Behavioral Health (our administrator for the Employee Assistance Program) at 866-750-0512 to access your free, confidential benefit.

Information contained in the SOMHELP e-mails is general in nature, and not intended to diagnose, treat, cure, or prevent any disease. As always, you should consult with your healthcare provider before making any changes.

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